



A Strategy for Creating a Healthy Community

Mobilize / Assess / Plan / Implement / Track

- ♥ Mobilize individuals & organizations that care about the health of your community into a coalition.
- ♥ Assess the areas of greatest need in your community, as well as the resources & other strengths that you can tap into to address those areas.
- ♥ Plan your approach: start with a vision of where you want to be as a community; then add strategies & action steps to help you achieve that vision.
- ♥ Implement your plan using concrete action steps that can be monitored & will make a difference.
- ♥ Track your progress over time.

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Region 3 serves
Fayette, Greenbrier,
Kanawha,
McDowell, Mercer,
Monroe, Raleigh,
Summers and
Wyoming Counties.



Making the Healthy Choice
the Easy Choice.



To learn more, call
(304) 348-6493



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Change the Future WV Region 3 News

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this issue

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"150 years ago, our nation was torn apart - divided by the Civil War. It was during this low point in our nation's history, a group of men and women made the decision to stand for freedom, equality, and the United States of America. And in 1863, West Virginia became America's 25th state. Today, 150 years later, our state is home to some of the kindest, hardest working, and most resilient people around."

— Governor Tomblin

On Saturday, June 22nd, Change the Future WV (CTFWV) took part in WV's 150th birthday celebration weekend at the state Capital by delivering CTFWV information to celebration attendees. Natalie Foster and Tina Ramirez, Region 3 CTG Prevention Coordinators, distributed CTFWV bags and brochures while educating people about CTFWV's purpose, goals and initiatives. Attendees learned about the grocery and convenience store partnering projects and efforts to make the public aware of the hazardous effects of secondhand smoke on pets.

Tina Ramirez felt the message, "Making the Healthy Choice the Easy Choice" was well received.

"During this event we were able to reach a large number of people both from public health and the Community," said Tina. Natalie shared, "Every thing we talked about and passed out had a purpose. It helped them learn more about tobacco cessation and what CTFWV was all about. Our presence allowed us to reach people we wouldn't normally reach because they wouldn't have attended one of our events."

Dr. Swinker, the Commissioner of the Bureau for Public Health, and Dr. Frazer, the health enhancement deputy state health officer attended the events. Bob Wines, the state CTFWV program manager, indicated that Dr. Swinker was full of praise for the CTFWV team working the booth. "It was great to meet with Dr. Swinker and Dr. Frazer from WV DHHR state Health Department," shared Tina.

The celebration booth was a great success because it educated a large number of West Virginians who might not have otherwise heard the message. Each night of the celebration weekend ended with a stunning display of fireworks.

Zara Sheikh, MPH



Photo Courtesy of Anusha Sheikh

We are eco-friendly! Please provide us your email address
and we will send you the newsletter electronically!

Made possible with funding from the Centers for Disease Control and Prevention
and the West Virginia Department of Health and Human Resources.

CHANGETHEFUTUREWV.ORG





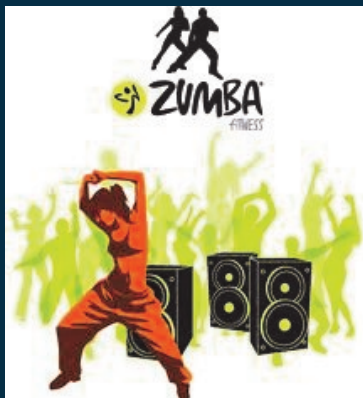
Move it WV was held on the Mound in South Charleston on June 15. The event was a great success and attendees got a chance to really move it!

Participants did Zumba, Zumbatonic (kid friendly), line dancing, turbo kick and many more great programs. Tina White, the director for Move it WV, said that she is looking to do the fitness expo quarterly and plans to hold the next one in September somewhere in Charleston. She also said that she would eventually love to move it to neighboring counties and then make it a state wide event!

Let's help make this possible. Come out and support these efforts to get WV healthy!

For more information regarding the future fitness expos, please contact Tina White at moveitwv@gmail.com or find them on Facebook by searching for Move it WV.

Natalie Foster, Prevention Coordinator



Visit us at www.changethefuturewv.org

Greenbrier County

Almost forty people attended the Greenbrier County Health Alliance initial planning meeting to discuss how the community can unite to impact health outcomes which are Change the Future WV initiatives. Based on feedback from the planning meetings, specific groups of interest will meet for future planning. These interest groups include but are not limited to: *physical activity, nutrition, substance abuse, chronic disease and seniors*. The Alliance is currently planning an educational meeting about the Affordable Care Act services and enrollment which begins in October. The West Virginia School of Osteopathic Medicine will host the Enroll WV Regional Meeting on July 16, 2013 from 9:00 a.m. to 2:00 p.m. at the Center for Technology and Rural Medicine.

live longer.
live healthier.
live safer.

The Greenbrier County Health Information Portal is progressing. Data is being added and the application should be available for public use soon. For additional information please email Dr. Arnie Hassen at ahasen@osteo.wvsom.edu or Kim Estep at kestep@rcbclinic.com.

Kim Estep, MS, MBA

Kanawha County

The Key to Success

In West Virginia, Type 2 Diabetes has essentially become a public health emergency. The Centers for Disease Control (CDC) estimates at least 174,000 West Virginians already have Type 2 diabetes and the Gallup Healthways poll estimates about 250,000. Another 466,000 West Virginians have pre-diabetes (their blood sugar is at near-diabetes levels) and only about 80,000 of those are aware they are in danger of diabetes (Long, 2012).



Change the Future WV (CTFWV) - Region 3 has introduced to Kanawha County a CDC-led National Diabetes Prevention Program (DPP) that is designed to bring to communities evidence-based lifestyle change programs for preventing type 2 diabetes. The Kanawha County DPP is a sixteen-week program that began in June 2013 with classes being held Mondays at the Charleston Arbors. The program educates pre-diabetics on the importance of maintaining a healthy lifestyle through healthy eating, physical activity and by monitoring and managing chronic disease

risk factors such as high blood pressure and cholesterol to help reduce the prevalence of type 2 diabetes.

After a few classes, one of the DPP participants, Kim Rock, explained her thoughts on her experience. "It's been great! I appreciate the length and depth spent on each subject. It makes it crystal clear to understand."

Jimmy Knapp, another DPP participant shared, "It's been a good experience so far. I've learned a lot about types of food to eat. It has shown me to watch out for bad foods we should limit and cut out of our diet."

While talking to Jimmy about his beliefs on reaching his goal weight by the end of the sixteen sessions, he stated, "I think so." Kim proclaimed, "Oh yes! I definitely do because I've become so much more conscious. After being a part of this class, I have moved certain snacks that I always had around my TV area away from it now."

When asked if they would recommend the program to others, Jimmy confidently stated, "Yes" while Kim excitedly stated, "Very highly!"

Their enthusiasm and genuine responses have shown DPP to be a positive and fulfilling experience. over time, DPP may be the key to successfully decreasing the prevalence of Type 2 diabetes in Kanawha County.

If you are at risk for Type 2 diabetes or if it runs in your family, then it is never too late to start taking action.



McDowell County

Making Healthy Changes

Unhealthy snack and meal options are readily available in most convenience stores. Common convenience store choices like hotdogs, candy bars and soft drinks are rich in calories and low in healthy nutrients. Fortunately, some convenience stores in McDowell County are offering healthy snack options.

Partnering with Change the Future WV, 3 Way Super Stop, owned and operated by Delbert Kiser, has joined the effort to fight obesity in McDowell County.



Mr. Kiser stated, "Since making changes to my store by offering healthier options such as yogurt, wholegrain granola bars, fruits, a variety of salads, bottles of water and 100 % juice, people have really taken notice and the response has been great!"

Studies show small changes in diet and exercise not only increase metabolism and "the way you feel" but decrease obesity and chances for chronic diseases such as Type 2 Diabetes.

Change the Future is a statewide initiative creating opportunities for healthy eating and physical activity in communities. It focuses on changing local environments in ways that make it easier for people to make healthy choices.



Change the Future WV Partners



**Cross Lanes
Walmart
Healthy Checkout
Aisle**
100 Nitro Market Pl.
Cross Lanes, WV 25313



**Purple Onion
Fresh Fruit & Vegetable Initiative**
800 Smith St.
Charleston, WV 25301



Welcome New Partners!

- **Fayetteville Walmart**
- **Glen Jean Little General**
- **Grant's Supermarket**
- **Crook Brothers**

Crook Brothers signed on in Raleigh County to have us set up their farmer's market in Beckley. They are a 4th generation produce company that covers all of region 3 counties. We are going to work with them on a plan to be able to service our existing stores and any new ones that we sign on.

Visit them at
www.crookbros.com

Partnering with farmers' markets, convenience stores and grocery stores plays a key role in Change the Future WV's initiative to improve access to fresh fruits and vegetables. It helps to improve the health of WV residents by promoting healthy eating.

For more information, contact Tina Ramirez, Prevention Coordinator, at (304) 348-6493 or Tina.L.Ramirez@wv.gov